



## Focusing on your mental wellbeing is more important than ever. The EAP is here to help you and your family!

- Up to 3 free counseling sessions
- Telephonic, video, and face to face sessions are also available
- Legal and financial referrals resources
- Work/life services (child/elder care, help finding a pet sitter, wedding planner, plumber, etc.)
- Other tools and resources for issues affecting your life

Contact us today to talk with an expert, 24/7, and at no cost to you.



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# Improve your overall wellbeing

The past few years have had a profound impact on the mental health of many of us. As an employee of the State of Rhode Island, you, your dependents, and household family members have access to free, confidential services that assist with:

- Coping with stress/anxiety
- Balancing work/life
- Managing family and work relationships
- Building resilience and recovery
- Getting legal and financial assistance
- Finding caregiver support
- Locating community resources

 [stateofrhodeisland.mybeaconwellbeing.com](https://stateofrhodeisland.mybeaconwellbeing.com)

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